

Claims:

1. [Original] An adapter for customizing garments through mass addition, according to characteristics of the wearer relating to balance or athletic performance, comprising: a mass carrier configured to mate with the garments and adapted to receive mass elements which are selectable in mass or amount and positionable within the carrier in accordance with such balance and performance characteristics.
2. [Original] The adapter of claim 1 wherein the mass carrier comprises a body having a plurality of spaced openings, each opening being suited for selective receipt of a mass element to customize the mass distribution.
3. [Original] A garment customizable to the balance and athletic performance characteristics of the wearer, through selective receipt of a mass element or elements, and which can be used to position the mass element or elements at locations on the wearer's body which affect balance and performance characteristics.
4. [Original] An adapter of claim 3 wherein the method of receipt of a mass element is to receive a mass carrier per claim 1.
5. [Original] An adapter of claim 3 wherein the method of receipt of a mass element is to receive a mass carrier per claim 2.
6. [Withdrawn] A method for determining the customized mass addition requirements for balance modifying garments that improve athletic performance comprising the steps of: measuring components of balance for one or more users of the garments; comparing the measured components of

- balance to a predetermined reference that is those components of balance
 400 desired, and modifying the mass additive characteristics of the garments to
 change the components of balance of each associated user to achieve those
 desired.
7. [Withdrawn] The method of claim 6 wherein the method of measuring
 components of balance is done through measurement of muscle development
 405 affected by specific components of balance.
8. [Withdrawn] The method of claim 6 wherein the method of measuring
 components of balance is done through measurement of posture affected by
 specific components of balance.
9. [Withdrawn] A method for determining the customized mass addition
 410 requirements for balance modifying garments that improve athletic
 performance comprising the steps of: measuring performance characteristics
 affected by components of balance for one or more users of the garments; and
 modifying the mass additive characteristics of the garments to change the
 performance characteristics of each associated user to achieve those desired.
- 415 10. [Withdrawn] The method of claim 9 wherein the performance characteristics
 affected by components of balance are defined as those performance
 characteristics affected by mass addition to locations on the body that affect
 components of balance.